

Mid-town Bulletin

AUGUST 2022



Our 54th President
Rtn. Dr. Lotika Purohit (2022-2023)

President's Message

Dear Mid-towners Greetings,

It has been almost 2 months since I took over the Presidentship of our club, the Rotary Club of Bombay Mid-town. It has been a moment of great pride for me to be selected for this post and am grateful for the faith that you all have in my leadership. The installation of our team at the Taj Mahal Palace & Towers was a grand affair wherein DG Rtn Sandip Agarwalla was the chief guest along with First Lady Malini Agarwalla. He asked us to do large, meaningful and impactful projects that would make a difference to the communities we serve.

We started with a club assembly which was graced by AG Rtn Dr Ashok Ajmera. The directors and chairpersons of various avenues and committees spoke about their plans for the year.

During this period, we have had interesting and varied speakers to address our meetings at Taj on Wednesday. We started our new Rotary year with a blood donation drive at Churchgate station along with several other clubs and the enthusiastic participation of our Rotractors.

This year we have proposed a wellness committee under the chairperson Dr. Dilip Raja. We started with a wellness by the Bay program where members joined in for a walk at Nariman point. It was an interesting morning where we enjoyed the music of the police band, did some dance and sang too.

Our Fellowships were a super duper success wherein our members enthusiastically participated in singing and dancing and having a wonderful time. The monsoon picnic at Fariyas was awesome and thoroughly enjoyed by our members and their partners. Rtn. Jagar Thakur and his team had made lovely arrangements for food, drinks and entertainment. We have started a movie club to view and discuss about offbeat movies. The participation has been exuberant.

I would like to thank all our members for the 3 Ts that they contribute to the growth of our club and the impact on the communities we serve.

The first is Time they give to attend our meetings, fellowships and participate wholeheartedly in our projects

The second T is Talent they bring adding a new flavour at every event.

The third T is Treasure that is the money they contribute to our projects. Only then we can do meaningful and impactful projects.

I look forward to your continued support and bonhomie and friendship throughout the year.

Club President: **Rtn. Dr. Lotika Purohit**



Dear Rotarians,

As we embark on the new Rotary year 2022-23, we look forward to yet another year of meaningful projects and vibrant fellowships. With a dedicated and active President at the helm of affairs, I have no doubt that this year too shall be a memorable one.

I welcome President Lotika Purohit and her team with these inspiring words I read somewhere -

"Rotary is a platform to start a change, nurture a change, magnify a change and make the change permanent. Together we can make the Rotary Movement an unstoppable one."

More power to you Lotika !!

Yours in Rotary,

Alka Ambo

Editor



Our Stars In the District



Deepak Mehta
Avenue Chairman, Int. service
Rotary friendship exchange



Tilak Mehta



Abuzar Zakir



Vicky Punjabi

Installation Ceremony of President Dr Lotika Purohit

29th June, 2022

The Taj Mahal Palace and Towers.



Installation of Rtn Dr Lotika Purohit as 54th President & 2nd lady President of Rotary Club of Bombay Mid-Town for the Alpha RY 2022-23.

The ceremony was a glittering affair right from the beginning. The grand & beautiful Taj Ballroom and the warm hospitality of our Mid-Towners greeted our DG Rtn Sandip Agarwalla and First Lady Malini Agarwalla, District Dignitaries and Co-Presidents of our Zone. The attendance of our Mid-Towners was super-duper.

We followed the guidelines as laid down by the District. The evening was superbly compered by Rtn Abuzar Zakir.

The program started sharp at 7.30 pm with playing of the National Anthem. Outgoing President Rtn Burjor Nariman spoke from his heart followed by a big and warm round of applause for the successful Dream Year gone by.

DG Rtn Sandip Agarwalla & outgoing President Rtn Burjor Nariman inducted Incoming President Dr Lotika Purohit and she accepted the post with all humility.

She spoke confidently about her ambitious plans to take the club to greater heights of glory followed by words of wisdom from our DG.



The Ceremony concluded with Rtn Jagar Thakur giving the secretarial announcements and VP Rtn Ashwin Ankhad proposing the vote of thanks.

All in all, it was a memorable evening with our charter members, past presidents, partners in service and our family of Bombay Midtowners

Bombay Mid-Town is indeed one big happy family united in friendship, love & care for the last 53 years !!





Jennifer Jones, Rotary International's first female president,

is the perfect leader to spread the word about the good Rotary does in the world, and inspire its members to keep going.

Vision and Goals for Rotary Jennifer Jones

“In order to live in the kind of society you want, you have to help build it.” This is a quote from my youngest brother and it speaks to the core of who we are and what we do.

I believe we are rooted in what our founders set forward – our core values, the objects of Rotary and our Four-Way Test. These are the principles that are the bedrock of who we are as Rotarians. Times may change – but these remain our sacred truths.

I see a Rotary that increases our impact by focusing on our strategic plan and expands our reach by engaging the Family of Rotary at every age, gender and culture to create lasting change.

As we reflect upon our new strategic priorities, we could have never envisioned that our ability to adapt would become our North Star during what is inarguably the most profound time in recent history. When the world stepped down, we stepped up.

Silver linings rise out of the most challenging circumstances. Using metric-driven goals, I will harness this historic landscape to innovate, educate and communicate opportunities that reflect today's reality. As a globally recognized communicator, I will open direct dialogue with the family of Rotary through our social channels to heighten awareness of our most pressing issues, like Polio Eradication, Supporting the Environment, Elevating Rotaract and Growing Rotary.

I believe that Diversity, Equity and Inclusion (DEI) begins at the top and for us to realize growth in female membership and members under the age of forty – these demographics need to see their own reflection in leadership. I will champion double-digit growth in both categories while never losing sight of our entire family.

I pledge to Grow Rotary by hosting DEI Summits to create leadership opportunities that foster balance across our membership. ”

Jennifer E. Jones, a member of the Rotary Club of Windsor-Roseland, Ontario, Canada, is Rotary International's First Lady President for 2022-23

Jones says she sees Rotary's Action Plan as a catalyst for increasing Rotary's impact.

“As we reflect upon our new strategic priorities, we could have never envisioned that our ability to adapt would become our North Star during what is inarguably the most profound time in recent history,” Jones said in her vision statement. “Silver linings rise out of the most challenging circumstances. Using metric-driven goals, I will harness this historic landscape to innovate, educate, and communicate opportunities that reflect today's reality.”

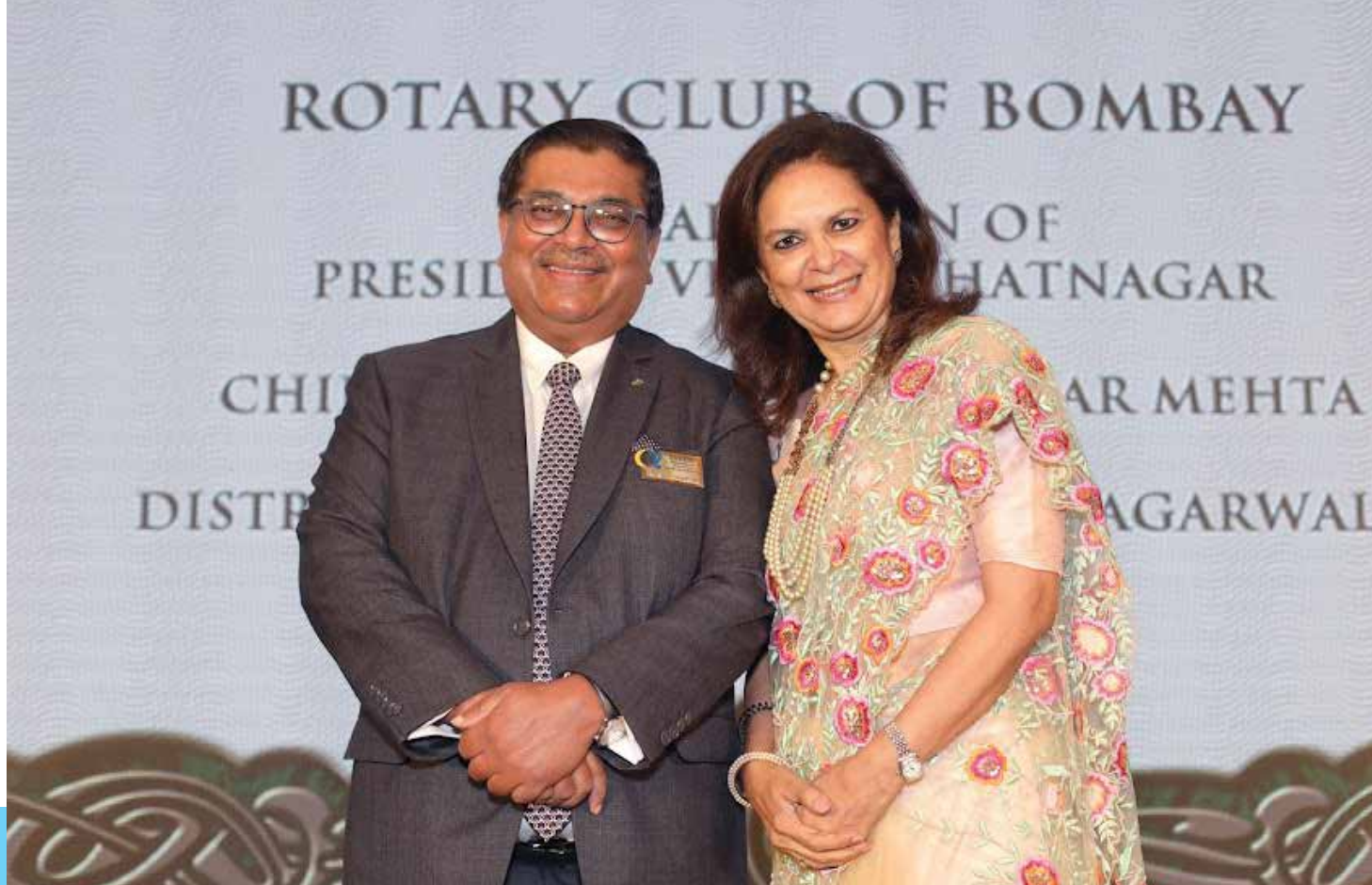
As the first woman President, Jones understands how important it is to follow through on Rotary's Diversity, Equity, and Inclusion (DEI) Statement. “I believe that diversity, equity, and inclusion ... begins at the top and for us to realize growth in female membership and members under the age of forty – these demographics need to see their own reflection in leadership,” Jones said. “I will champion double-digit growth in both categories while never losing sight of our entire family.”

Jones is founder and president of Media Street Productions Inc., an award-winning media company in Windsor. She was chair of the board of governors of the University of Windsor and chair of the Windsor-Essex Regional Chamber of Commerce. She has been recognized for her service with the YMCA Peace Medallion, the Queen's Diamond Jubilee Medal, and Wayne State University's Peacemaker of the Year Award, a first for a Canadian. Jones holds a Doctor of Laws (LL.D.).

Jones has been a Rotary member since 1997 and has served Rotary as RI vice president, director, training leader, committee chair, moderator, and district governor. She played a lead role in Rotary's rebranding effort by serving as chair of the Strengthening Rotary's Advisory Group. She is the co-chair of the End Polio Now Countdown to History Campaign Committee, which aims to raise \$150 million for polio eradication efforts.

Jones recently led the successful #RotaryResponds telethon, which raised critical funds for COVID-19 relief and was viewed by more than 65,000. Jones has also received Rotary International's Service Above Self Award and The Rotary Foundation Citation for Meritorious Service.

She and her husband, Nick Krayacich, are members of The Rotary Foundation's Arch Klumph Society, Paul Harris Society, and the Bequest Society.



Alpha DG Sandip Agarwalla: The Quintessential Renaissance Man

The District Governor of District 3141 is a third-generation Rotarian with a penchant for thinking big. Backed with doggedness to see things through and inimitable flair, the Alpha DG is a man on a mission.

In 1991 the Rotary Club of Bombay added to its ranks a bright-eyed young man, 29 years of age, when the average age of the 325+ member club was 65. DG Sandip Agarwalla recounts this time fondly. “I went from knowing nobody at the club, save for four or five couples who were friends of my parents, to making 325 friends in the course of a year.”

The gregarious and committed Rotarian went on to become the youngest President in the history of the now 93-year-old institution, at the age of 41 years and 12 days. This was exceptionally quick, in view of the prevalent culture at the Rotary Club of Bombay, which required prospective Presidents to have been members of the club for at least ten years. DG Sandip’s term as President of the Rotary Club of Bombay is remembered as one of the finest, with a stellar show across the multiple facets of leading a Rotary club- be it the quality and impact of the service projects, the calibre of speakers roped in, thoroughly engaging fellowships, or the record fundraising.

However, even more remarkable is that DG Sandip’s zeal and appetite for taking on an active role in club affairs did not diminish after completing his term as the club President. In fact, ruminating on a moment in Rotary that was a source of personal pride, DG Sandip is quick to respond that repeatedly having been awarded ‘Rotarian of the Year’ by his club would rank at the very top. In his characteristic straightforward manner, he

states, “Most past President’s take on an advisory role within the club- there are of course exceptions to this, but I am happy to be a worker. I accept Chairmanship of Committees and have no airs about it. I am what I am because of my club”.

He has served as Avenue Chair across multiple avenues for many District Governors. He has the rare distinction of having been requested to head The Rotary Foundation Avenue twice- an important responsibility he has discharged admirably. He often states, “Rotary is a way of life for me”.

Keenly doting on his children and now grandchildren, DG Sandip is described by friends and his spouse as a family man. He counts his grandfather, parents, and parents-in-law as his role models and is very attached to his mother. There’s nothing more he enjoys than being with his family, his son Abhimanyu and wife, Priyanka – who have given DG Sandip the joys of his life – grandchildren, Elina and Kai Bijoy; and his daughter Rishika and husband, Sanket.

Most who meet DG Sandip soon realise he is a man of uncommon intellectual capacity, but few may know he is a member of MENSA, the largest and oldest high IQ society in the world! This would most certainly hold him in good stead as he embarks on lofty goals for the Alpha year with impressive collaborations already lined up including those with the Oxford India Centre for Sustainable Development, UNICEF, Tata Consultancy Services, Aga Khan Agency for Habitat, and Tata Memorial Hospital. He believes one must “think big to do bigger and better, and only those bigger than you can give you that direction and pizzazz.”



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ROTARY CLUB OF BOMBAY MID-TOWN

AWARDS 2021-2022

S.N	Name of Trophy	Proposed 2021-22 Awards	FOR
01.	PP Satya Bhushan Anand Trophy For Club Service	Rtn. Ashwin Ankhad	For his efforts and excellent work done as the Club Secretary
02.	Late Dayaram Santdas Kamlani Trophy for Community Service	Rtn. Yogesh Pandya	For exemplary work done and continuing to be done in the Utawali Project
03.	PP Yoginder Shankardas Trophy for Service to Youth	Rtn. Gargi Mukherjee	For her constant mentoring and support to young Rotractors, encouraging them and motivating them every step of the way.
04.	PP Dr. Firoze Mirza Trophy for Vocational Service	Rtn. Vinod Mirchandani	For his hands on approach to education and for providing vocational guidance and support.
05.	PDG Dr. Shirish Sheth Trophy for Outstanding Performance by a New Member	Rtn. Kalpana Srivastava	For her commitment to the cause of Rotary and her active participation in the Little Hearts project.
06.	PDG Dr. Shirish Sheth Trohy for Outstanding Performance by a Past President	Rtn. Anil Kamath	For his guidance ,support and wealth of knowledge helping the Board and committee of the Board to connect seamlessly.
07.	Late Shamdas Malaney Trophy for Best Project Medical	For Project Gift of sight, Cataract Eye Surgeries Rtn. Dr. Deepak Garg, Rtn. Navin Shah, Rtn. Anil Kamath, Rtn. Abuzar Zakir	For their continuing service, this year over 200 cataract surgeries were performed.
08.	Shreeprakash Agarwal Trophy for Outstanding Senior Active Member	Rtn. Dr. Firoze Mirza	For his advice and counsel to the Club, despite the challenges he faced this year, he is present for every meeting.
09.	Murlidhar Jalan Trophy for Environment Protection	Rtn. Jigisha Parikh	For her dedicated service in the Utawali project.
10.	PP Adil Kajiji Trophy for Best Rotaract Activity	Rotaract Club of Lala Rajpatrai College	For their Ummedein- A Ray of hope project
11.	PP V.B.Haribhakti Trophy for Outstanding Interact Activity		
12.	Late Firoze Baldiwala Trophy for Most Active Couple	Rtn Dr. Lotika & Dr. Suresh Purohit	For their constant and dedicated service spirit and involvement in numerous club activities.
13.	Kishor Jhaveri Trophy for Best Rotary Couple	Rtn. Anil & Alka Ambo	For their dedicated participation in Club projects and activities.
14.	PP Navin Shah Trophy for The Most Caring Rotarian	Rtn. Gaurav Kapadia	For his caring nature and ever willingness to help in Club activities and for his dedication year on Year in the NASOEH project
15.	Praful Sheth Trophy for Whole-hearted Club Participation	Rtn. Vicky Punjabi	For his wholehearted support and work in various club activities and in Fellowships.

16.	PP Dr. Kirit Mody Trophy for Outstanding Endeavour to bring about Social Change	Rtn. Nirbhay Jain	For his love for the Rotary cause and his wholehearted participation in projects that have impacted thousands of underprivileged persons.
17.	PP Mohan Shahani Trophy for 'Best Club Partner NGO'	Global Vikas Trust	For their excellent work and constant support and help to the farmers in the Fruit tree sapling project.
18.	Late Usha Lalvani for "Best Lady"	Rtn. Shobha Sapat	For her dedication to Rotary and for her attendance at club meetings and for delivering the Four way test message admirably at club meetings.
19.	Kishore Jhaveri Trophy for IW member attending maximum	Aarti Gautam	For her close Involvement in Club activities and for the joint involvement of the IWC in the Uthavli school project.
20.	PP Rustom Davar Trophy for Significant achievement award	Rtn. Ashwin Shah	For his steadfast involvement and support in the E Learning Project.
21.	Dinyar Jamshedji Trophy for BEST ROTARIAN OF THE YEAR	Rtn. Dr. Arvind Kasbekar	For his exemplary work in the Little Hearts Project, his constant dedication to the senior citizen's project and for his love and commitment to Rotary.
22.	Rtn. Kamlesh Sonawala Trophy in memory of his father Late Shantilal N. Sonawala for BEST COMMUNITY PROJECT – NON MEDICAL	Rtn. Abuzar Zakir	For his dedicated work in bringing food to the needy in the Pandemic period and for his involvement in numerous other non- medical projects
23.	Rtn. Dr. Prakash Mody Trophy in memory of his father Late Amrutlal Mody BEST COMMITTEE OF THE YEAR	The E Learning Project Committee Rtn. Ashwin Shah Rtn. Anil Ambo Rtn. Jigisha Parikh Rtn. Gargi Mukherjee	The E learning Project has touched the lives directly and indirectly of students, the teaching community of the schools we supported
24.	Late PP Arrow Sinha Roy Trophy for Outstanding Outreach Service	Rtn. Dr. Lotika Purohit	For her and her clinic's contribution and involvement in the District Diabetes Camp and for her involvement in many other club service projects.
25.	Life time Achievement Award	Rtn. Munna Mitha	

SPECIAL APPRECIATION AWARDS

Rtn. Rohit Patel • Rtn. Kersi Hilloo • Rtn. Kamlesh Sonawala
Rtn. PDG Dr. Shirish Sheth • Rtn. Mohan Lalvani • Rtn. Dr. Akhil Shahani
Rtn. Bernhard Steinrucke

MERITORIOUS POSTHUMOUS AWARD

Late Rtn. Minal Jilla

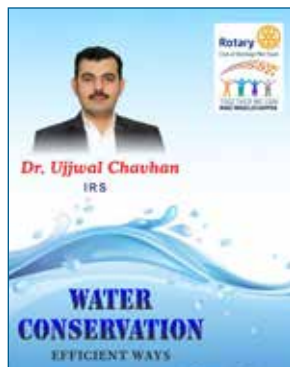
SPECIAL APPRECIATION AWARD

Mr. Mahadeo Parab • Mr. Anil Jadhav



Meetings/Events

Sonali Jalan



Our speaker at the 13 July meeting was Dr. Ujjwal Chauhan a doctor by qualification a fraud investigator by profession. Pained by the farmer suicides due to drought in Maharashtra he has worked tirelessly to bring about a revolution in water conservation methods which have brought about tremendous transformation in the drought prone areas in Jalgaon.

Success Mantra : Radha Dhir

We had our very own member Radha Dhir speak to us on Wednesday, 20 th July. 2022. She shared with us her success mantra in today's world.

M is for Mentoring. She advised everyone to reach out and find a guide. A person who will take you through the working and politics of the office.

A is the ability to work with people, to make your connections as you go along.

N is the need to work hard. There are no shortcuts in life. There is no substitute for hardwork.

T Team...always have a good team with you.

R Resilience. To come back from hardships. To get up and go again after facing failure.

A Adaptability. Always be adaptable and change with the times.

S Always be STRONG. Be mentally and physically strong. Keep good health. Exercise everyday.

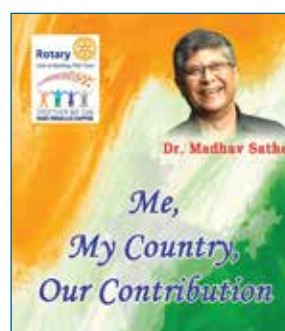
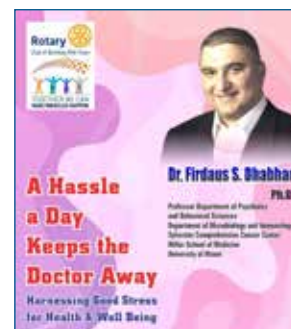
She also spoke about some other important characteristics like being a good listener, that one's personal integrity being very important, about being passionate about what you do. Her talk was truly inspiring.

It was followed by questions and answers .



On 27 July, we had a fantastic meeting headlined by Dr Firdaus Dhabhar, a leading professor of Psychiatry and Behavioural Sciences at the School of Medicine, University of Miami.

His talk, 'A Hassle a Day Keeps the Doctor Away' touched on how to harness 'good stress' and discard or diminish 'bad stress' to enhance our lives. A one-of-kind presentation backed by scientific data yet communicated in a simple and jargon-free way kept us enthralled for over 45 minutes. The Ball Room was packed with almost 70 people in attendance. We also welcomed the Rotaractors of Lala Lajpatrai College at this meeting.



Our speaker on Wednesday, 10th August, 2022 was Dr. Madhav Sathe an anaesthesiologist with 37 years of experience in his field. He has been an anaesthesiologist on weekdays and a social entrepreneur on weekends. He has changed the way a charitable organisation can function. He has changed it from charity to a self sustaining social enterprise. His organisation has done away with

the tag of " Not for profit" and embraces the the new principle of " Not for loss." This is because the organisation should not die. Under his leadership, the organisation of "The Bombay Mother and Child Welfare Society" have taken up many philanthropic initiatives in urban and rural areas of Maharashtra.

He believes in me, my country and my contribution. Today this organisation is working and has set up the following:

1. Low cost modern and well equipped hospitals.
2. Childcare Centres.
3. Sustainability for living of cancer patients when they are undergoing treatment.
4. Rural development programs in 92 villages which have transformed communities with interventions in health, hygiene, education, vocational training and a meaningful environment.
5. Introducing a new concept of E-learning without the Internet has brought about a dramatic change in rural education. Digitised and animated curriculum has made 100% attendance possible in classrooms.
6. Mobile computer training centres are helping to reduce the urban-rural divide.
7. Doorstep training in tailoring has empowered 300 women.

All the above programs are contributory and sustainable by the communities. Dr. Madhav Sathe has been able to combine his profession and passion very well. Sheer logic has been behind his bold decisions. He has received the Praj-Symbiosys maha entrepreneur award in 2010 and the Hutatma Rajguru lifetime achievement award in 2011. His talk was very inspiring.

Know Your Member

Rotarian Avinash Ladha



Tryst with Rotary

My first brush with Rotary as an organisation was in school when I joined Interact Club of La Martiniere for Boys which was affiliated to Rotary Club of Kolkata with their weekly meetings at Oberoi Kolkata

Attending the meetings at the Oberoi and observing the dedication to service by stalwart Rotarians and Rtn Satish Kapoor (Interact in charge) motivated us to find ways of spreading the awareness of Interact movement amongst fellow students.

We realised the best way was to merge the two clubs on paper (Interact club of La Martiniere for Boys and Interact club of La Martiniere for Girls) will result in increased participation and fellowship



With Rotary International President Rtn. Bomar Jr. and Rotary Ann along with District Governor Distt 329 in 1978-79

It was difficult to get the Principals to agree for a common club but finally Interact Club of La Martiniere was born with me as the Charter President. Today, it is the largest interact in India with approx. 325 members.

I had the good fortune of being elected the DRR of District 329 and having organised two District Conferences with participants from Nepal, Bangladesh, North East, Orissa and West Bengal, it was fun and good learning experience for me.

It was good to be back home after decades when I joined this spirited, energetic and cosmopolitan Rotary Club of Bombay Midtown and I profusely thank my dear friend Rtn Anil Ambo for pushing me to join and introducing me to fellow Rotarians

My Partner, Abha, has been an Inner Wheel Member for over a decade and is a PP of Inner Wheel club of Mumbai Harbour. She has been on the Executive Committee of our community association (Maheshwari Samaj) Association and President of a ladies' club called DEEP SAKHI.

We are blessed with two daughters:

Aparna is married to Kush Somani, a business man with a specialised fabricating unit at Kolkata. Aparna is a practicing clinical psychologist at Kolkata specialising in counselling people upto the age of 40. She is associated with a social service organisation Monovikas Kendra Kolkata apart from her association with Caring Minds and personal practice.

Archita our younger daughter is married to Tushar Jhunjhunwala a professional with Bank of America Merrill Lynch in their Investment Banking Division. She is a senior brand manager with Unilever Plc.





Inner Wheel Club of Bombay Mid-town

On 5th July 2022 we had Installation of President Aarti Gautam, who had agreed to continue as President of IWC Bombay Midtown, for the second consecutive year. It was overwhelming to see the support of members who attended in good numbers.

It was a great honour to have Rotary Club President Lotika Purohit, Rotary Secretary Ashwin Ankhad, Co-ordinator Rotarian Tilak Mehta, Rotarian Dr. Arvind Kasbekar and Rotarian Sunil Gautam, present at the function to bless the incoming team year 2022-23 of IWC Bombay Mid-town.

President: **Aarti Gautam** • Secretary: **Sheela Mane** • Treasurer: **Bindu Bhasin**
ISO: **Geeta Parikh** • CC: **Meena Toprani**

We are fortunate to have a capable and strong executive committee consisting of Asha Bhatia, Asha Singh, Ila Sonawala, Rajul Shah, Rita Shah, Sandhya Kamath, Jyotika Premnarayan. In her acceptance speech Aarti said she was happy and grateful for the confidence of the members in her and looked forward to a meaningful term in serving the community to the best of her ability. Then she gave a gist of the IW Association goals and enlisted few projects to be done in the coming months.

Rotary Club of Bombay Mid-Town President Lotika spoke a few words in encouragement and support. Vote of thanks was given by incoming VP Dipika Amin.





13th Installation Ceremony of Rotaract Club of Lala Lajpatrai College



On the 22nd of July, 2022, The Rotaract Club of Lala Lajpatrai College hosted their 13th Installation Ceremony- Cosmic 13.

It marked the journey of a new beginning, with the outgoing ceremony of Rtr. Taher Lokhandwala & his Board of Directors and the incoming ceremony of

Rtr. Malcolm Vakharia & his Board of Directors. It was truly a grand evening, we are grateful to our Parent Rotary Club - Rotary Club of Bombay Mid-town for gracing us with their presence.

After a heartfelt goodbye to Team 2021-22, everyone present cheered on for the welcome of Team 2022-23!

President Rtr. Malcolm Vakharia had a number of wonderful surprises planned for the entire audience; right from the release of the Club's Merchandise to a special Club Anthem. The Board of Directors & General Body Members also appreciated the efforts put in by the Team & enjoyed this special evening.

It was surely a memorable day for The Rotaract Club of Lala Lajpatrai College





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Arun Mehta

“ Excellent friend, philosopher and guide....”

It is with deep sadness that I share the about Arun Mehta's demise. Had met him a couple of times at our meetings and he sent me a box of calendars and diary's. Have fond memories of chatting with him however he was unwell since the last month. Our heartfelt condolences to his wife Sudha, son Bimal and the rest of the family. OM Shanti

Dr. Rtn Lotika Purohit, President

We are very saddened by the demise of Rtn Arun. He was a most dedicated and affectionate Rotarian I have met and lived Rotary all his life. His contribution to club activities over the last 5 decades was enormous. We cannot forget his wonderful fellowships , and active participation in our program and his contribution to bring our our club roster year on year. Our hearts go out to Sudhaben and his family and we convey iur heartfelt condolences and prayers to her and her family.

Rtn. Anil Kamath

Very saddened by his passing away, may he rest in everlasting peace ,our deepest condolences to his family

Rtn. Burjor Nariman

Very sad indeed he was a fine person om shanti

Rtn. Dr. Ghanashyam Kasbekar

Indeed, it is very sad that dear Arun - Rtn. Arun Mehta has left this world on 7th July 2022. Honorable member who joined our club in 1969 after Rtn. Gunvantrai Mehta and soon became VIP. He looked after our club's Weekly Bulletin and brought excellent district award for it. Excellent friend, philosopher and guide who undertook useful projects and did out of the way printing to do full justice.

For our District Conference at Oberoi, Mid-Town Club was the host, 21st, 22nd January 1984 and as Conference Secretary he was instrumental for many items besides bringing out unforgettable, incomparable Conference Bulletin. A Rotarian who was always willing to undertake / assist / participate for whatever was much needed.

Dedicated wife, Mrs. Sudha and learned, praiseworthy children - Sangeeta and Bimal were the backbone to his physical care and strength.

Indeed, a great loss of praiseworthy contributor to Rotary - Rotary Club of Bombay Mid-Town, to all the friends, families and needy.

Our heartfelt condolences as we pray for his soul to rest in peace.

Dr. Rtn. Shirish & Siloo Sheth



Wellness A New Vertical

This year, a new activity has been started by the Rotary Club of Bombay Mid-Town. Rtn Dr. Dilip Raja, Chairman formed a committee to help him organize and conduct one activity every month on various aspects of wellness.

People often think about wellness in terms of physical health — nutrition, exercise, weight management, etc., but it is so much more.

Wellness is a holistic integration of physical, mental, and spiritual well-being, fuelling the body, engaging the mind, and nurturing the spirit. Although it always includes striving for health, it's more about living life fully, and is "a lifestyle and a personalized approach to living life in a way that... allows you to become the best kind of person that your potentials, circumstances, and fate will allow".



1. **Physical wellness**
Caring for your body to stay healthy now and in future.
2. **Intellectual Wellness**
Expanding knowledge and skills while discovering the potential for sharing your gifts with others and growing intellectually, maintaining curiosity about all there is to learn, valuing lifelong learning and responding positively to intellectual challenges.
3. **Emotional Wellness**
Understanding and respecting your feelings, values attitudes, appreciating the feeling of others, managing your emotions and feeling positive and enthusiastic about your life.
4. **Social Wellness**
Maintaining healthy relationships, enjoying being with others, developing friendships and intimate relations, caring about others and letting others care about you. Contributing to your community.
5. **Spiritual Wellness**
Finding purpose, value and meaning in your life with or without organized religion, participating in activities that are consistent with your beliefs and values.
6. **Vocational Wellness**
Preparing for and participating in work that provides personal satisfaction and life enrichment that is consistent with your values, goals and lifestyle. Contributing your unique gifts, skills and talents to work that is personally meaningful and rewarding.
7. **Financial Wellness**
Managing your resources to live within your means, making informed financial decisions and investments, setting realistic goals, and preparing for short-term and long-term needs or emergencies.
8. **Environmental Wellness**
Understanding how your social, natural, and build environments affect your health and well-being. Being aware of the unstable state of the earth and the effects of your daily habits on the physical environment. Demonstrating commitment to a healthy planet





Wellness Activities: -

1. The first event of the wellness of Rotary club of Midtown was organised by Rtn Dr. Dilip Raja along with President Ms. Lotika Purohit and group on July 28, 2022 Sunday, at 07:00 am at Nariman Point. Approximately 20 members attended the programme whereby walking, jogging, jumba and singing were done by the members at Nariman Point followed by sumptuous breakfast at Mani's sponsored by Dr. Dilip Raja. All the members were very enthusiastic and appreciated the wellness activity and looking forward to more of wellness programmes
2. The Wellness Committee organized an enjoyable musical fellowship on 17th August at Wodehouse Gymkhana. Thanks to Rtn Mohan Lalwani for the venue arrangements and curating the menu along with Sonali Jalan. Rtn Dr. Dilip Raja had planned & coordinated the musical event. Thanks to all the members & partners for their enthusiastic participation. It was good to see that we have such a talented tribe!!
3. The future programmes will be announced at the earliest for September and October 2022



Food, Friends and Fun... Unlimited!!

Rtn. Vinod Mirchandani

On 28 August, all roads led to Frinchley Hills..... not a Swiss Chalet but our Fariyas Holiday Resort on the Tungarli

21 Rotarians & Partners swayed in at their own leisure but we're received warmly by Rtn Jagar Thakur & Smit Thakur

Our own Abuzar started the games with a photo contest of each couple sent enroute Lonavala - all to be judged by Rtn Lotika & Don ... not a typo for Dr Suresh Purohit.

We quenched our thirst with a welcome chit chat at the Old Tavern followed by a mile of a buffet lunch & table of desserts from across the country... which led to a siesta!

An evening tea was elegantly laid and a hand carried cake by our Rtn Asha Singh & Kharis from Mumbai by Dr Dilip Raja this only deserved miles of walking - we managed to skip around the greens of the resort & lovely crisp air of the monsoons .

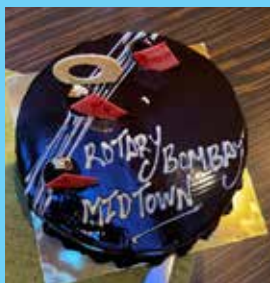
Our sporty Rotarians were preparing themselves for the match or Big Game - India vs Pakistan match... but it was the Gala Evening that bowled us over.

Resort wear, foot long tables of entrée, singing by our Midtown Stars, Karaoke, Dancing & a multi cuisine dinner & desserts to sweeten the night

Pictures speak volumes... as you can see.

At leisure all 21 Rotarians enjoyed the breakfast & morning walk and drove home with the taste of another fabulous picnic at Hotel Fariyas - Lonavala

It was my first Rotary Picnic & was truly overjoyed to be able to join the same and get to know each other in a relaxed picnic atmosphere.

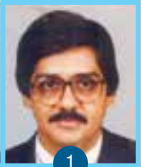


HAPPY
Birthday
TO YOU

Tum Jiyo Hazaron Saal...

HAPPY
Birthday
TO YOU

August



1

Bharat Parekh



6

Anil Ambo



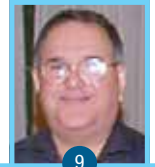
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R.P. Anand



8

Jaidev Mehta



9

Mehli Cama



10

Dr. Deepak Garg



15

Bharat Shah



16

Radha Dhir



19

Yogesh Pandya



20

Rahul Mehta



20

Jamsheed Patel



26

Deepak Gupta



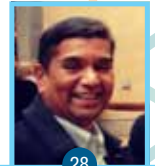
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Nadir Godrej (Hon. Mem.)



28

Satya Prakash Agarwal



28

Ashir Doshi

September



4

Sunil Doshi



6

Kamlesh Sonawala



6

Dr. Svetlana Toshniwal



16

Sucharita Hegde



17

Kersi Hilloo



18

Deepak Mehta



23

Rajesh Sharma



26

Dr. Ajay Bhatnagar Hon. Me



28

Dr Varsha Vadera



28

Dinesh Kanabar

ROTARY CLUB OF BOMBAY MID-TOWN OFFICERS & DIRECTORS 2021-2022

President: **Rtn Dr. Lotika Purohit** • Imm. Past President: **Rtn. Burjor Nariman**
 Vice Pres. & Pres.Elect: **Rtn. Ashwin Ankhad** • Hon. Secretary: **Rtn. Jagar Thakur**
 Jt. Hon. Secretary: **Rtn. Shernaz Tyebjee** • Hon.Treasurer: **Rtn. Anil Kamath**
 Jt. Treasurer: **Rtn. Anil Ambo** • Sergeant-At-Arms: **Rtn. Gargi Mukherjee**

Director Club Service 1	Rtn. Ashwin Ankhad
Programmes & Events	Abuzar Zakir Manoj Jalan Uttara Bhandare Bernard Steinruecke Rahul Mehta Shernaz Tyebjee Gargi Mukherjee
Director Fellowship	Mohan Lalvani
	Jagar T hakur Sonali Jalan Abuzar Zakir
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Attendance	Gaurav Kapadia Chairperson
Bye Laws	Shaunak Thakkar Anil Kamath Ashwin Ankhad
Rotary Information	Manoj Jalan Chairperson
Classification	Manoj Jalan Chairperson Sunil Gautam
Director TRF	Vicky Punjabi
Fund Raising	Abuzar Zakir Chairperson Sunil Doshi Rajiv Kapoor Radha Dhir Kamlesh Sonawala
Director CSR	Anil Ambo
Director Public Image	Akhil Shahani
Social Media	Manoj Jalan Chairperson Sunil Gautam Gargi Mukherjee
Bulletin	Alka Ambo Chairperson Gargi Mukherjee Sonali Jalan
Director Membership	Vinod Mirchandani
Membership development	Mehernosh Currawalla Chairperson Ashwin Ankhad
Members Assimilation	Vicky Punjabi Chairperson
In Touch / Fireside	Tilak Raj Mehta Chairperson
International Club Connectivity	Manoj Jalan Chairperson Asha Singh Bernhard Steinruecke
Director Vocational Service	Aditi Choksey
Career Guidance	Vinod Mirchandani Chairperson
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4 Way Test	Jigisha Parikh Chairperson
Literacy Mission	Ashwin Shah Chairperson

Director Community Service/Non Medical	Abuzar Zakir
Child Welfare	Gaurav Kapadia Chairperson Kalpana Shrivastava Co-Chair Anand Didwania KersiHiloo NarenMohatta
Nere -Vaje Village Development	Nirbhay Jain
Polio & Care of Physically Challenged	Gaurav Kapadia Chairperson
Sr. Citizen Welfare	Dr. G.P. Kasbekar Chairperson
Director Projects Medical	Navin Shah
Anemia & Malnutrition	Dr. Alifiya Bapai Chairperson
Plastic Surgery, Jalna	Dr. Anil Tibrewala Chairperson
Cataract Surgery	Deepak Garg Chairperson Dr. SvetlanaToshniwal Co-Chair
Little Hearts Project	Dr. Arvind Kasbekar Chairperson
Wellness Committee	Dr. Dilip Raja Chairperson
Director Partner Service	Manoj Jalan
Interact	Jamsheed Patel Chairperson
Rotaract	Gargi Mukherji Chairperson
Sports	Uttara Bhandare Chairperson
Inner Wheel	Tilak Mehta Chairperson
Satellite clubs	Gargi Mukherji Chairperson
District Relations / Thrust / Citation	Deepak Mehta Chairperson
Director International Projects	Yogesh Pandya
International Projects Global/ Matching/District Grants	Jigisha Parikh Chairperson Anil Kamath Co-Chairperson
International Youth Exchange Program	Manoj Jalan Chairperson
Director Communication	Shernaz Tyebjee
2022-2023 Club Advisors: PDG Dr.ShirishSheth PP Kamlesh Sonawala PP Sucharita Hegde Club Trainer: Anil Kamath Club President: Dr. Lotika Purohit District Governor: Sandip Agarwalla RI President: Jennifer Jones Asst.Governor: Ashok Ajmera Dist. Secretary : Jayesh Vidhani Asst.Trainer: Pankaj Vora	

Spouses Birthday

AUGUST

5 Ajoy Bhandare
 6 Rovina Ghansham Dembla
 6 Dr. Rashmi Dilip Raja
 10 Maharukh B.Nariman
 16 Malti Kiran Shah
 21 Nisha Akhil Shahani
 27 Priti Rajesh Shah

SEPTEMBER

9 Sushu Ajit Kamlani
 10 Anurag Toshniwal
 19 Zulkernain Bapai Dholkawala
 24 Pushpa Narendra Mohatta
 24 Ranjana B.Steinruecke
 28 Gita Navin Shah

Wedding Anniversary

AUGUST

12 Dr. Alifiya & Zulkernain
 Bapai Dholkawala
 31 Alka & Anil Ambo

SEPTEMBER

5 Manika & Manika Krishnamurti
 6 Ranju & Moorad Fazalbhoy
 6 Binaifer & Kersi Hiloo
 8 Elinor & Dr.F.D.Mirza
 10 Bela & Rajiv Kapur

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Please send your articles and news for the bulletin to **Mr. M. A. Parab** on rotary019@gmail.com • preferably by the 10th of every month